



Our Time, Our Voice

**BERGEN COUNTY
DIVISION OF
SENIOR
SERVICES
A.D.R.C**

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50 YEARS OF SERVING OLDER ADULTS



OUR 50TH ANNIVERSARY

September 6, 1966 the first Area Agency on aging was created in Bergen County due to the implementation of the Older Americans Act. Bergen County was the first Area Agency on Aging in the nation! The County wanted to assist struggling seniors in understanding Medicare and to provide housing for homeless seniors.

The creation of this whole new agency was originally set up in a basement office with a staff of two. (Director & Secretary). The Director, Mildred Krasnow, was passionate about providing for a group of citizens she believed to be left in the shadows, citizens 65 and over, which made up around 10 percent of Bergen County's population.

The original budget for the Center on Aging was \$15,000 and after the first four months of operation, it was able to assist 368 seniors. Years following, seniors' needs increased and soon the Center on Aging grew and shaped into what it is today.

On January 11, 2017, we celebrated the achievements the Division has made the past fifty years at the Venetian in Garfield. We brought together our dedicated staff members, elected officials, advocates from around the state and nation, and engaged older adults that have worked and volunteered at our various senior center locations. It was a wonderful celebration which motivated us to continue the legacy that our original staff started!

Letter from the County Executive

Dear Friends,

Senior citizens make up one of the most important parts of our population in Bergen County and you deserve to live your golden years with dignity and in comfort which is why our Division of Senior Services, established in 1966 under federal legislation, is so committed to advocating for all older adults.

Bergen County's 60+ population is the largest of any one of the 21 counties in the state of New Jersey with more than 196,000 residents calling our county home. And with a growing aging population comes many challenges that my Administration is happy to help with.

We offer a number of free programs that can help you and your family including our Meals on Wheels program, the Wellness Check program, the Transportation for Senior Citizens program, the Home Energy Assistance program, housing assistance, and help with securing in-home caregivers. These are just a few of the programs I encourage you to take advantage of. Should you have any questions about any of these initiatives, please feel free to call our staff at 201.336.7400. We are here to help you in any way we can.



Sincerely,
James J. Tedesco III
Bergen County Executive

Summer Concert Nights

With warmer weather means spending more time outside, enjoying the fresh air. Get ready for weekly nights of musical and movie fun for the family! Bergen County's County Executive and Freeholders organized weekly nights in Overpeck County Park with live music at 7:30 PM.

"Terrific Thursdays" Concert Series at Overpeck County Park

Thursday, July 13: Emil Stucchio & The Classics

Thursday, July 20: "Gloria's Miami Sound" Ft. Nikki Torres

Thursday, July 27: "AM Gold"

Thursday, August 3: "Mike DelGuidice & Big Shot"





Letter from the Division Director

At long last, we are reviving our Newsletter!!! It is especially important now, in that, as many of you are already aware, 2017 marks our 50th Anniversary as Bergen County Division of Senior Services.

Each year presents new and exciting challenges for us, for seniors, their families, and caregivers. 2017 For the elderly, those challenges take the form of healthcare, housing, nutrition, transportation to name a few. For the Division of Senior Services, it is the struggle to provide the highest quality of support to our 196,000+ senior residents with the most comprehensive in-house and outreach programs available in the State of New Jersey.

Funding cuts at the Federal, State, and local levels have pushed us to think outside the box. As we try to stay ahead of the curve, integrating the concept of "Aging in Place" into our mission, we continue to offer a forum for our seniors to communicate their concerns whatever they may be. That input is crucial to us. It is vital in our attempt to implement new programs and fine tune long existing ones which have served our seniors well.

Through an expanded website together with postings at our senior centers, and this Newsletter, and now Facebook, we will continue to strive to keep everyone well informed of the goings on here!

As we mark this 50th Anniversary as the first Area Agency on Aging in New Jersey and in the Nation...a fact we are very proud of, we look forward to the next fifty years and to those people we will continue to serve.

Have a Happy and Healthy Summer !



INFORMATION & ASSISTANCE

- Adult Day Care
- Age-Friendly Community Initiatives
- Benefits Eligibility
- Care Management
 - Food Pantries
- Home Care Programs
- Home Modifications
 - Housing
- Long Term Care Facilities
 - Meals on Wheels
 - Medicaid / Other Insurance Medicare
 - Mental Health
 - Pharmaceutical Assistance
- Reverse Mortgage Counseling
- Senior Activity Centers
- Senior Lunch Program
 - Tax Relief
 - Transportation
- Wellness Check Program
 - and more!

Program Spotlight

REVERSE MORTGAGE & AGING IN PLACE

As a HUD Certified HECM (aka Reverse Mortgage) Counselor working within the Bergen County Area Agency on Aging, I'm in a unique and rewarding position to be involved in a senior's well-being, and help them along the road to "Aging in Place".

It's a simple term but a HUGE idea. In its basic form, it's a choice made by seniors to remain in their homes for as long as possible because the care and support they need—once only accessible in health and aging facilities, is now available at home! Aging in Place is a cooperative effort. Whether a Geriatric Care Manager, Home Modifier or Reverse Mortgage Counselor, you think (I know I do) that you can make a difference in someone's life...you can make their life a bit better and help people meet their later dreams and expectations.

Aging in Place is a merge of business, federal government, local government, the for-profit sector and non-profit sector to provide a better life for people. It involves housing (my function), healthcare, finance, transportation, food and the organization of one's everyday affairs. It includes advice,

education, empathy and a little hand holding for your fellow man.

The purpose of my counseling is integral to the entire aging in place process. It identifies and taps the source of funds available from their residence to help seniors implement their stay-at-home plans and to prepare some kind of schedule where property taxes and home health care are paid. But counseling is only a part of this agency's and industry's task to formulate as a family, community, and nation, the clearest structure for an approach to aging in place. There is no reason aging in place should not be as familiar a part of the national dialogue as Facebook and football.

We need to motivate our residents to plan to age in place instead of only considering it for crisis management. We need to explain to our community the dividend of their longevity as opposed to denying the process of aging.

Ron Romano
Bergen County HECM Counselor

The **National Association of Area Aging Agencies** or N4A for short, is the national advocacy organization focusing on creating a society that values and supports our older adults. Visit their website for more info (www.n4a.org)



advocacy | action | answers on aging



Employee Spotlight

We welcome Clara Choi who recently joined the staff of the Division of Senior Services (DSS) Information and Assistance (I&A) unit. Clara serves as a

to Clara. Moreover, she has translated many of the DSS and provider's brochures into Korean for distribution as well as furnished Korean media with numerous flyers and notifications that would only have been published in English-circulating mediums.

valuable addition to the division as she is fluent in English and Korean, a Master Trainer for the Chronic Disease Self-Management Program, a certified State Health Insurance Program counselor, and has 12 years of experience working as a care manager.

Additionally, Clara is currently designing a new program called NICE, Neighborhood Initiative for Community Education. In an effort to reach those who might otherwise not be able to avail themselves to vital entitlements due to cultural or language barriers, Clara will work with Korean volunteers who will be screened and trained in I&A resources. These trained volunteers that are trusted members of their communities will then reach out to those in need expanding the network of the DSS under Clara's supervision.

One of Clara's main focus initiatives, as a member of the I&A team, is to restructure the outreach component of the unit that specifically serves the Korean-American population. She has already met with a large number of organizations and agencies that can act as an initial contact point between the DSS and those in need of services, linking them directly

STATE HEALTH INSURANCE PROGRAM

Millions of low-income older Americans struggle to pay their prescription, health care, food, and energy costs. The Medicare Improvements for Patients and Providers Act (MIPPA) has been instrumental in helping these disadvantaged seniors to regain their economic footing and live healthy, independent lives.

Under MIPPA, NJ received funds from the US Administration on Aging and the US Centers for Medicare and Medicaid Services to Medicare beneficiaries apply for the Medicare Part D Extra Help/Low-Income Subsidy (LIS) and the Medicare Savings Programs (MSP). MIPPA grantees such as the Bergen County Division of Senior Services work to identify low-income older adults who may be missing out on these programs and assist them with application.



For more information please call 201-336-7413

Senior Spotlight



Mr. Pasquale Candela is a frequent visitor to the Garfield Senior Center. Pat, for short, has been a constant engaged member since 2001. Pat is a mayor-like figure at the Garfield Senior Center. He knew everyone, and everyone including the staff admired him.

Pat begins his story, by sharing that he emigrated from Italy to the United States in 1948, only sixteen years old. He saw his native country torn and in chaos during World War II. Upon arriving in America, he was drafted by the US army in 1952 to serve in the Korean War. Pat was stationed in Korea for fourteen months and saw ninety days' worth of combat at Pork Chop Hill.

When arriving back to America, for good this time, he met the love of his life, and got married. He became a dispatcher for a trucking company and then moved to Garfield. He worked for the Recycle Paper Board in Clifton for 28 years and left as a Transportation manager.

Since retirement he's been engaged with the senior center and the Korean War Veterans Association. Just two years ago he was invited by the South Korean Government for an expense free trip to South Korea for nine days. Pat went with other veterans and was astonished to see how much the country has changed since he was last there. He was so humbled how he and the other veterans got to see so many landmarks, and were treated like royalty the whole time by the South Korean government.

After living such an adventurous life, he enjoys dancing and going to activities in Garfield's Senior Center. He wants to encourage other older adults in the area to come to the center because there is a lot of fun people to meet (like himself) and engaging activities to do. "It's a place to relax, meet new people, and have a good time" stated Pat. "The more people come here, the more fun we can have".

The Southwest Senior Activity Center hosted a "Painting Party" on Tuesday, February 28. Seniors had a fantastic afternoon learning different painting techniques and completing their very own picture of beautiful flowers that they were able to take home that same day!! After the Seniors were finished, refreshments were enjoyed by all.



Our Senior Activity Centers

Ridgefield Park's Project Healthy Bones Class

Every Tuesday 1:00 PM

Ridgefield Park Senior Activity Center, 159 Park Street,
Ridgefield Park, NJ

- This is an educational and exercise program for people who have or are at risk of developing Osteoporosis. In this class we cover good nutrition, fall prevention tips, and bone strengthening exercises. All Bergen County Seniors aged 60 and over are welcome to join this class.



Fran Gellaty's 100th Birthday was celebrated on March 16th, at the Elmwood Park Senior Center. Here is Fran with Mayor Colletti at her party.

BERGEN NEW JERSEY County

Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders

Cordially invite you to
Department of Human Services
Division of Senior Services/ADRC

Annual Senior Citizens Picnic



Wednesday, September 13, 2017

Rain Date: Wednesday, September 20, 2017

10:00am – 3:00pm

Van Saun County Park, Paramus

If you are 60+ years old, please join us for a special day including:

- ♦ Lunch
- ♦ Music & Entertainment
- ♦ Craft Fair
- ♦ Information Tables & much more

Limited Handicap accessible parking is available.

If you have special needs, please call at least two weeks in advance to request accommodations. For more information call Senior Services at 201-336-7416.

James J. Tedesco III
Bergen County Executive

Board of Chosen Freeholders

Tracy Silna Zur, Chairwoman • Thomas J. Sullivan, Jr., Vice Chairman • Dr. Joan M. Voss, Chair Pro Tempore
Mary J. Amoroso • David L. Ganz • Germaine M. Ortiz • Steven A. Tanelli

Department of Human Services
Jane C. Linter, Director



Division of Senior Services/ADRC

The Palisades Park Senior Activities Chorus and Korean

Dancing Team, total 45 members, performed on January 30th at JCC on the Palisades to celebrate the Lunar New Year. Lunar New Year Party at the Palisades Park St Center on February 3rd. 150 members attended.



Senior Services Committee Update

THE VOICE FOR HEALTH & WELL BEING FOR BERGEN COUNTY SENIORS

The Division of Senior Services Advisory Council strives to be the link between the community and the County. The Health Committee is one of three committees that operate under the auspices of the Council. It serves in identifying unmet nutrition & wellness needs and promoting necessary positive change. The committee meets on the third Wednesday of the month, January-June, September-November. The membership is diverse – ethnically, racially, and socio-economically, and wonderfully reflects the communities served. New members are always welcome!

The Health Committee seeks to improve the overall quality of health and well-being of Bergen County's senior population by promoting and supporting the development and advancement of the HealthEASE wellness project through the planning and organization of enlightening opportunities including but not limited to health & physical education, and mental and physical health screenings.

In 2016, the committee developed and presented programs “Emergency Preparedness”, “Talking with Your Doctor”, and “Advance Directives”, to 12 senior groups reaching over 400 seniors. This year the committee will begin to develop a presentation on the topic of Brain Health. Research & Development of new programs is always a high energy topic on the agenda.

HealthEASE Project Presentation

The Bergen County Division of Senior Services, HealthEASE Project has developed a 2- part Power Point presentation on *Maintaining Your Brain Health!* They are light hearted presentations full of important facts and practical tips on a serious topic and source of concern for many seniors. You will learn what steps you can take to help your memory, overall brain function, and how diet and exercise both- mentally & physically, play an important part!

If you are interested in more information, about the Health Committee, and scheduling a presentation, please contact Myrna 201-336-7438.

Seasonal Activities

LOCAL PARKS

The best time of year to be walking around and enjoying nature is in summer time. The trees are fully green and plenty of flowers are blooming. The lush greenery attracts much of the wildlife in the area and parks offer the chance to catch a glimpse of them. You can see the birds flying around and other people emerging

from their homes to enjoy the change of weather.

There are so many different parks to walk in Bergen County. From seeing the new beautiful Overpeck Park in Leonia, visiting the zoo in Van Saun Park, or being adventurous and hiking through Ramapo Reservation.

There are a lot of beautiful parks to explore in Bergen County which surprise many when we have the New York City Skyline shadowing our

neighborhoods. From the Meadowlands in Lyndhurst which offers a view of New York City up close and showing that unique scenery, to northern of Bergen County with the parks nestled in mountains where you can catch a glimpse of some deer, Bergen County residents have it all! Summer is a time to appreciate the beautiful parks that surround us.

Artesian Fields

Belmont Hill County Park

Bergen County Zoo

Borg's Woods Nature Preserve

Camp Glen Gray

Campgaw Mountain Reservation

Dahnert's Lake County Park

Darlington County Park

Hackensack River County Park

J. A. McFaul Environmental Center

Overpeck County Park

Pascack Brook County Park

Riverside County Park

Saddle River County Park

Samuel Nelkin County Park

Van Saun County Park

Wood Dale County Park

Ramapo Valley County Reservation

The Importance of Hydration for the summer is crucial. When the temperatures outside start to rise, we sweat more, leading to our bodies losing more water. Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches. In general, fluids especially water, should be consumed regularly throughout the day. When doing physical activities be sure to bring plenty of water and take periodically breaks in order to not overwork yourself.

LGBTQ Seniors

Facing obstacles seems to become a common occurrence for older adults when entering, the “Golden Years”. The LGBTQ community is an ever evolving and fragile community that is comprised of gays, lesbians, bisexuals, and transgender, and questioning individuals. An outspoken LGBTQ older adult community, which faced discrimination for most of their lives and had to come out in a more complicated time are now beginning to face another obstacle.

The new administration in Washington has released a draft of the National Survey of Older Americans Act Participants, which determines how to distribute federal funding to groups that assist the older adult community. A recent addition to the survey asked about sexual orientation and gender identity. These questions are currently missing from the new draft. Organizations that work with LGBTQ seniors have been vocal about this change in the survey.

The information gathered from the census and surveys, affects the way services are delivered to the American people. Not having questions pertaining to the LGBTQ community limits the federal government’s ability to assist struggling individuals. The federal government has no data of the size of the population is and where they live. Simply putting questions that address the LGBTQ community would fulfill the government’s duty of equipping services to the people who need it fairly.

Recipe

Strawberry Spinach Salad



This salad is a great way to bring a very nutritious meal using refreshing ingredients to your table.

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup almonds, blanched and slivered

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

SOURCE: allrecipes.com

Aging Advocates in D.C.

In the beginning of April, our Director Lorraine Joewono represented Bergen County and spoke on behalf of its seniors in the annual **N4A Policy Briefing in Washington D.C.** N4A stands for National Association of Area Aging Agencies. Its mission and purpose is to educate and empower the staff of Aging Area Agencies in order to better serve the needs of older adults. Not only was Director Joewono representing Bergen County, but she also sits on the board of N4A.

The attendees of the N4A conference visited and spoke on panel discussions that focused on issues pertaining to seniors. Topics like bringing diversity within the network of aging and how to build relationships with elected leaders in government. Guest speakers from across the nation were present also and advocated for new effective strategies on how to work with the administration in Washington D.C.

As we go to print, Congress is currently debating changes to the Health Care Law that may result in some seniors losing coverage. The N4A's goal is to make sure seniors are not forgotten if these new policies are put into place.

While the Affordable Care Act was a priority for the N4A conference, other policies that impact seniors were discussed such as transportation, housing, elder justice, and the future of primary care. The Baby Boomer generation is in the midst of retiring, and new approaches are developing on how to handle the growing influx of retirees.



The directors learned new skills that can be implemented back at their own agencies. All of these topics and understanding the new landscape in D.C. were shared at the N4A conference. Our own director, Ms. Joewono came back that following week inspired by her peers to apply what she learned in our capital.

1966 *Bergen County Division of Senior Services* 2016
First Office on Aging in the Nation

Bergen County
Division of Senior Services
A.D.R.C.

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If any of you have questions concerning Senior Services, the programs we have, or events we organize that are coming up please feel free to contact us



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We are proud to announce the creation of a **Facebook** page in order to communicate more effectively with the community we serve! Our page is **Bergen County Division of Senior Services!** Look us up and hit the like button to follow us!



Feedback

Your feedback is important to us! The essence of this Newsletter is to highlight the resources that we provide, with you in mind. We value your input to improve how we can be of service to you.

For any feedback please email: afenwick@co.bergen.nj.us